Hidden Harm

What is Hidden Harm? – Hidden Harm refers to the impact that children and young people experience when living with a parent, carer, or sibling, who are struggling with drug and / or alcohol misuse. The harm children and young people experience is often hidden, or if it is seen, it is not recognised as harm.

We support those aged between 8 – 17 years old who are impacted by Hidden Harm.

You can contact us: **01634 566285** /
YP-Medway@openroad.org.uk
www.openroad.org.uk

openroad
your journey to recovery

Registered Charity No. 1019915

Support is available to you too...

Open Road Young Persons Drug and Alcohol Service can provide support to those young people living with a family member who are using substances / alcohol and are directly impacted by this. The services available to you include:

- One to one confidential support
- Basic drug awareness
- Sessions to build on your confidence and self-esteem.
- Emotional Support
- Diversionary Activities.

Making the sessions about you:

All sessions are tailored to your personal circumstances. We will meet you in a place where you feel most comfortable to freely talk. This can include:

- Your home address.
- At school.
- In the community

Taking care of yourself.

It is understandable to feel angry, sad or confused when living with a loved one who is struggling with their substance use. We are here to support you and help you to take care of yourself. We will provide you with coping skills, some guidance and a safe space to discuss anything troubling you within your home life.

How to get support.

You can contact us directly on:
01634 566285

Email us on:
YP-Medway@openroad.org.uk

www.openroad.org.uk

Scan the QR

Please scan the QR code to complete a quick and easy enquiry form.